



SEPTEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	25	26	27	28
29	30					



OCTOBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



NOVEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)		Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			1	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	27	28 Thanksgiving	29 American Indian Heritage Holiday	30